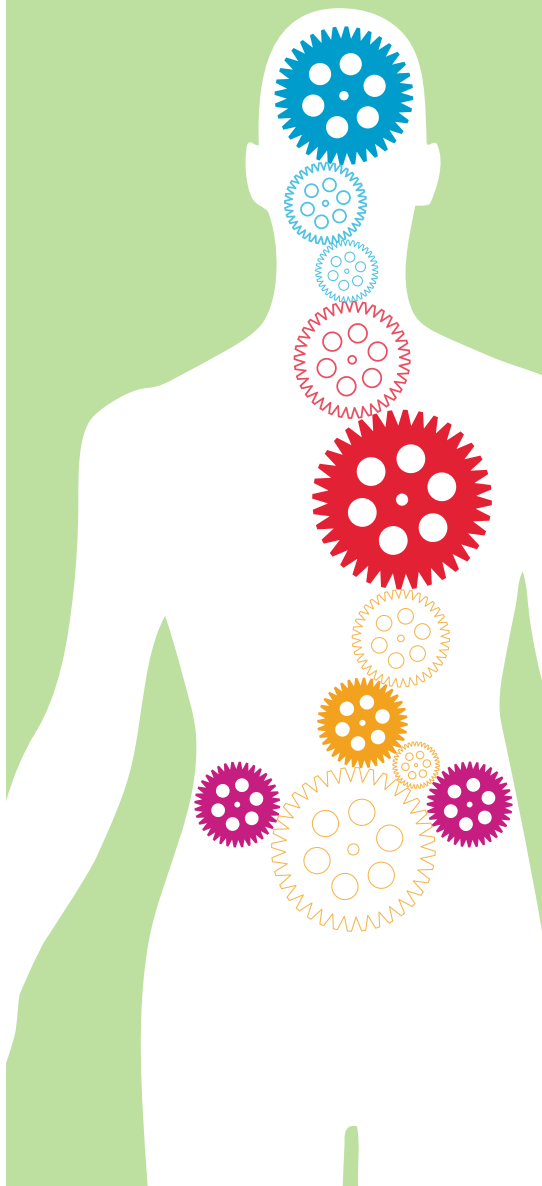


Know your numbers

- **Waistline** - should be less than 94 cm (37 ins) in men and 81 cm (31.3 ins) in women. Anything above these measurements and you could be at risk of heart disease and Type 2 Diabetes
- **Serum Cholesterol** - should not exceed 5 mmol. This can accumulate in the artery walls and raise the risk of heart disease.
- **Blood Pressure** - 140/85. A reading below this figure gives a decreased risk of heart disease. Untreated high blood pressure can increase risk of kidney disease, dementia and eye problems.
- **Body Mass index** - your BMI should be below 25



Your Numbers

Waist	cm
Serum Cholesterol	mmol
Blood Pressure	
Weight	kg
BMI	
CVD Risk	%

Actions

- Diet - low fat / low salt
- Exercise - 30 mins 5 times a week
- Weight - smaller portion sizes
- Alcohol - do not regularly drink more than 3 units for women and 4 units for men, per day
- Smokers - Consider quitting for you and your family

Remember: everything in moderation

Call the
Healthy Sefton
telephone line to be
directed to support
for a healthy lifestyle

